



Strength and Conditioning for Runners

15 Bodyweight Exercises

Why should you do strength and conditioning?

- Injury prevention
 - Increase functional strength
 - Overcome imbalances in muscles
 - Develop neuromuscular efficiency
 - Develop power
-

When should I do strength workouts?

We recommend runners to complete one or two strength workouts each week. If you have a run workout scheduled on your strength day you should do the run first.

How many exercises should I do?

In this document, we have outlined 15 great strength and conditioning exercises. We would recommend you choose 5-8 exercises for every strength workout you do. Remember to take plenty of rest in-between the sets.

How many sets should I do?

We would recommend you do 2-4 sets of every exercise, depending on your time availability

Should I add any other exercises to my strength programme?

Yes! These are just a few exercises to get you started. You should always be looking out for new exercises to try to target your weaknesses. There are literally thousands of exercises out there! You just need to find them

Should I use weights in my strength and conditioning programme?

If you have access to a gym or free weights, we definitely recommend you incorporate these into your programme.



Squat

Works: *Glutes, hamstrings and quads.*

Why: *Generates strength, power and stability for running.*

- 1) *Stand with your feet about shoulder-width apart and slightly turned out with your weight in your heels.*
- 2) *Hinge your hips to sit your butt back and bend your knees until your thighs are parallel to the ground.*
- 3) *Drive through your heels to stand back up straight. Squeeze your butt and keep your core tight as you stand.*

Progression: Add weights if available.



Sets and Reps:

Beginner: 2 x 10

Intermediate: 3 x 15

Advance: 4 x 20



Squat Jump

Works: Glutes, hamstrings and quads.

Why: Boosts explosive power for running

- 1) *Stand with your feet slightly wider than hip-distance apart.*
- 2) *Sit your butt back and bend your knees to drop into a squat, keeping your chest upright.*
- 3) *Jump up into the air as high as you can and straighten out your legs.*
- 4) *Land back on the floor with soft knees.*



Sets and Reps:

Beginner: 2 x 8

Intermediate: 3 x 10

Advance: 4 x 12



Reverse Lunge

Works: Glutes, hamstrings, calves and quads.

Why: driving back to the starting position mimics the running movement.

- 1) *Start standing with your feet about shoulder-width apart.*
- 2) *Step backwards with your left foot, landing on the ball of your foot and bending your knees to create two 90-degree angles.*
- 3) *Push through your right heel to return to standing.*
- 4) *Repeat on the other side.*
- 5) *This is one rep*

Progression: Add weights



Sets and Reps:

Beginner: 2 x 8

Intermediate: 3 x 10

Advance: 4 x 15



Bulgarian Squat

Works: Glutes, hamstrings and quads.

Why: balance and core control

- 1) *Find yourself anything stable that you can rest a foot on, it needs to be about knee height.*
- 2) *Get into a forward lunge position with torso upright, core braced and hips square to your body, with your back foot elevated on bench. Your leading leg should be about half a metre in front.*
- 3) *Lower until your front thigh is almost horizontal, keeping your knee in line with your foot.*
- 4) *Drive up through your front heel back to the starting position, keep your movements measured. Repeat your reps on one leg before switching sides*

Progression: add weights



Sets and Reps:

Beginner: 2 x 8

Intermediate: 3 x 8

Advance: 4 x 10



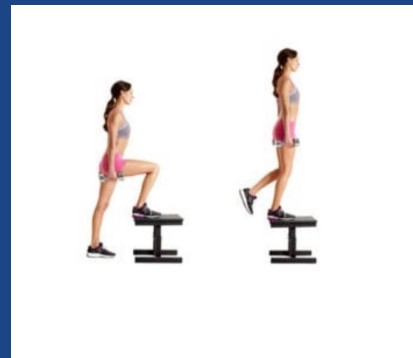
Step Up

Works: Hamstrings and Quads.

Why: build leg strength, power and flexibility

- 1) *Stand facing the step or box.*
- 2) *Place right foot on the step and stand up onto the step by extending the hip and knee of the raised right leg. Place both feet onto the platform.*
- 3) *Step back down with the left leg. Switch sides and repeat with left leg leading. This is one rep.*

Progression: add weight (dumbbells, weight vest or barbell), heighten step, add a hop as you stand up



Sets and Reps:

Beginner: 2 x 15

Intermediate: 3 x 15

Advance: 4 x 20



Calf Raise

Works: Calves

Why: prevent calf injuries and improve the push off power

- 1) *Stand tall, core engaged.*
- 2) *Push through the balls of your feet and raise your heel until you are standing on your toes.*
- 3) *Slowly lower to return to your starting position.*

Progression: do single leg calf raise, add weight



Sets and Reps:

Beginner: 2 x 10

Intermediate: 3 x 15

Advance: 4 x 20



Box Jump

Works: Quads, calves and hamstrings

Why: increase explosive power

- 1. Stand in front of the box with feet directly under the hips, hands by your side.*
- 2. Bend your knees and hips. Explosively jump up from the crouched position, swing your arms to help.*
- 3. Land softly on the center of the box, absorbing impact with your legs.*
- 4. Stand tall. Jump or step back to the starting position. Repeat.*

Progression: use a higher box



Sets and Reps:

Beginner: 2 x 6

Intermediate: 3 x 8

Advance: 4 x 10



Push Up

Works: Pectorals, shoulder, triceps and core

Why: power for the arm drive

1. *Start in a high plank position with your hands flat on the floor about shoulder-width apart, wrists under shoulders.*
2. *Keeping your body in one long line, bend your arms and lower yourself as close to the floor as you can. Your elbows should be at about a 45-degree angle to your torso.*
3. *Push back up to start.*

(Note: put your knees on the floor to make it easier)

Progression: elevate your legs



Sets and Reps:

Beginner: 3 x 4

Intermediate: 3 x 8

Advance: 3 x 15



Tricep Dip

Works: Shoulders, triceps and core

Why: power for the arm drive

- 1. Position your hands, shoulder width apart on stable bench or chair.*
- 2. Slide off the chair with your legs slightly bent extended in front of you with your arms straight.*
- 3. Lower towards the floor until 90-degree bend at elbow, keep the elbows pointed back.*
- 4. Slowly push up back to the starting position. Repeat.*

Progression: straighten your legs for increased intensity



Sets and Reps:

Beginner: 2 x 10

Intermediate: 3 x 12

Advance: 4 x 15



Glute Bridge

Works: glutes, hamstrings, core

Why: helps activate the glutes and prevent back injuries

1. Lie face up on the floor, knees bent and feet flat on the ground, shoulder width apart.

2. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze your glutes hard and keep abs tight.

3. Hold the bridge for a couple of seconds before easing back down

Progression: do a single leg glute bridge



Sets and Reps:

Beginner: 2 x 10

Intermediate: 3 x 12

Advance: 4 x 15



Lying Hip Abduction

Works: glutes, hamstrings, hip abductors

Why: injury prevention

- 1. Lie on your side on a mat with your legs extended away from the body.*
- 2. Your lower arm placed under your head. Raise the top leg keeping the foot in a neutral position and the hips vertical to the floor. Raise the leg to about 45 degrees.*
- 3. Slowly lower to your starting position. Repeat.*

Progression: use a resistance band



Sets and Reps:

Beginner: 2 x 10

Intermediate: 3 x 12

Advance: 4 x 15



Plank

Works: abdominal and back

Why: core stability

1. Face down resting your weight on your forearms and toes, pull your abs in tight.

2. Maintain a hold for as long as you can with your body is in a straight line from shoulders to heels.

Progression: take one leg off the ground



Sets and Reps:

Beginner: 2 x 30 seconds

Intermediate: 2 x 45 seconds

Advance: 2 x 60 seconds



Side Plank

Works: abdominal and shoulders

Why: core stability

- 1. Lie on your side with your right forearm resting on the ground, feet on top of one another.*
- 2. Lift your body off the ground supported by your forearm and feet, into side plank position. Attain straight line through shoulder hips and ankles.*
- 3. Hold for requisite time*
- 4. Swap sides*

Progression: raise the top leg into the air forming a star shape



Sets and Reps:

Beginner: 2 x 30 seconds (both sides)

Intermediate: 2 x 40 seconds (both sides)

Advance: 2 x 60 seconds (both sides)



Sit Up

Works: Abdominals, hip flexors.

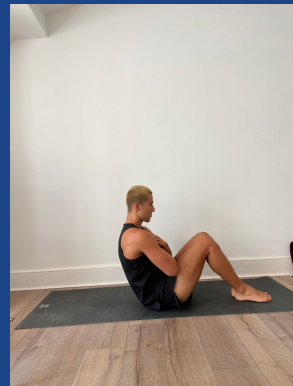
Why: Improve your structural core strength

1. Lie on the floor with your knees bent. Optional, tuck your feet under something for stability (or have partner hold your feet). Have your fingertips at your temples, or crossed on chest.

2. Lift your upper body off the floor and towards your thighs. Contract your abs.

3. Lower back to the starting position. This is 1 rep.

Progression: Have plate on chest to add resistance



Sets and Reps:

Beginner: 2 x 20 seconds

Intermediate: 2 x 40 seconds

Advance: 2 x 60 seconds



Mountain Climbers

Works: abdominal, triceps, quads, hamstrings, hip abductors

Why: works multiple muscle groups improving mobility and strength

- 1. Start in a push up position with straight arms, a flat body, your abs tight and your weight over your hands.*
- 2. Pull your right knee into your chest holding the plank position. Switch and pull the left knee in whilst pushing your right leg back.*



Sets and Reps:

Beginner: 2 x 20 seconds

Intermediate: 2x 40 seconds

Advance: 2 x 60 seconds